

## Adult Ed Fitness & Wellness Courses

Are you ready for summer & swimsuit weather?  
Is your body ready?  
Want to live a healthy life?

Carlisle Parks and Recreation will be holding registration for the  
Spring sessions of our Adult Ed Fitness Classes

Classes will be held on Tues and Thurs evenings at the Rec Center at 1220 S 5<sup>th</sup> St  
Spring session begins Tuesday, March 5, 2013-Thursday, May 23, 2013  
(no class the week of spring break)

The classes offered for this session are:  
Senior Health & Wellness  
Bootcamp-2 classes offered nightly for your convenience  
Transformation Class

We'll see you soon to make 2013 our healthiest year yet!

For more information or questions, please contact:  
Joanna Stanley, Parks and Recreation Superintendent  
[joannas@carlisle-ia.org](mailto:joannas@carlisle-ia.org) or 515.229.6256

Also "Like" us on Facebook @ City of Carlisle Parks & Recreation